



Welcome to DD's Winter 2019 Timetable. A new season of enhancing your Body, Mind and Spirit.

- BOOKINGS ARE ESSENTIAL. Members reserve your spots via website or Mindbody app.
- Non - members are warmly welcomed by appointment only.
- Your feedback is important, we welcome positive and constructive feedback in order to monitor and enhance our members experience. Email johnpaul@dancedynamics.com.au
- Classes and instructors are subject to change without notice.

MALVERN STUDIO						'HIT THE FLOOR' L1 - 245 Glenferrie Rd Malvern					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
9:00-9:30am Mature Movers	9:30-10:00am Barre Tone	9:30-10:00am Gentle Movers	10:30-11:00am Mature Movers	9:30-10:00am Strength N Tone	10:00-10:30am Gentle Movers						
9:30-10:00am Mature Movers	10:00-10:30am Gentle Movers	10:00 - 10:30am Dance Tone	11:00-11:30am Mature Movers	10:00-10:30am Zumba	10:30-11:00am Dance Tone						
10:00-10:30am Strength N Tone	10:30-11:00am Dance Tone	10:30-11:00am Strength N Tone	11:30am-12:00pm Dance Tone	10:30-11:00am Zumba	11:00-11:30am Strength N Tone						
10:30-11:00am Zumba	11:00-11:30am Mature Movers	11:00-11:30am Latin Rhythms	12:00-12:30pm H.I.I.T	No Class	11:30am-12:00pm Latin Rhythms						
11:00-11:30am Zumba	11:30-12:00am Mature Movers	11:30-12:00pm Latin	No Class	No Class	No Class						
6:00-6:30pm Zumba	No Class	No Class	No Class	No Class	No Class	<b>Sunday</b>					
6:30-7:00pm Zumba	No Class	No Class	No Class	7:00-7:30pm Strength N Tone	9:00-9:30am Zumba						
7:00-7:30pm Strength N Tone	<b>Continued Monday</b>	No Class	No Class	7:30-8:00pm Gentle Movers	9:30-10:00am Zumba						
7:30-8:00pm Gentle Movers	8:30-9:00pm Broadway	No Class	8:00-8:30 pm Dance Tone	8:00-8:30 pm Dance Tone	No Class						
8:00-8:30pm Jazz	9:00-9:30pm Hip Hop	No Class	8:30-9:00 pm Dance Tone	8:30-9:00pm Yoga Stretch	No Class						

RICHMOND STUDIO						Level 1, 493 Church Street, Richmond					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
6:00-6:30pm Gentle Movers	6:00-6:30pm Strength N Tone	6:00-6:30pm Zumba	6:00-6:30pm Dance Tone	No Class	9:30-10:00am Strength N Tone						
6:30-7:00pm Dance Tone	6:30-7:00pm Zumba	6:30-7:00pm Strength N Tone	6:30-7:00pm Dance Tone	No Class	10:00-10:30am Zumba						
7:00-7:30pm H.I.I.T	7:00-7:30pm Zumba	7:00-7:30pm Gentle Movers	7:00-7:30pm Barre Tone	No Class	10:30-11:00am Zumba						
7:30-8:00pm Contemporary	7:30-8:00pm Ballet Barre	7:30-8:00pm Dance Tone	7:30-8:00pm Jazz	No Class	11:00-11:30am Yoga Stretch						
8:00-8:30pm Jazz	8:00-8:30pm Contemporary	No Class	8:00-8:30pm Hip Hop	No Class	No Class						
8:30-9:00pm Yoga Stretch	8:30-9:00pm Jazz	No Class	8:30-9:00pm Hip Hop	No Class	No Class						
No Classes	9:00-9:30pm Hip Hop	No Class	No Class	No Class	No Class						

<p><b>DANCE</b> Classes in Jazz, Broadway, Hip Hop, Contemporary, Latin, Salsa, Ballet Bare and Ballet</p>	<p><b>DANCE FIT</b> Classes in Dance Tone, Zumba, Gentle Movers, Latin Rhythms, Zumba Strong and Mature Movers</p>	<p><b>FITNESS</b> <b>(Yoga Mat Required)</b> Classes in Strength N Tone, Barre Tone, Yoga Stretch, HIIT, Circuit</p>
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WINTER 2019



**BOX HILL STUDIO**

953A Station Street, Box Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:00am Strength N Tone	No Class	9:30-10:00am Gentle Movers	9:30-10:00am Strength N Tone	9:30-10:00am Jazz	9:30-10:00am Dance Tone
10:00-10:30am Dance Tone	No Class	10:00-10:30am Latin Rythms	10:00-10:30am Dance Tone	10:00-10:30am Broadway	10:00-10:30am Zumba
10:30-11:00am Contemporary	11:15-11:45am Mature Movers	10:30-11:00am Latin	10:30-11:00am Yoga Stretch	10:30-11:00am Dance Tone	10:30-11:00am Yoga Stretch
11:00-11:30am Jazz	11:45-12:15pm Latin Rhythms	11:00-11:30am Salsa	11:15-11:45am Latin Rhythms	11:00-11:30am Yoga Stretch	11:00-11:30am Ballet Barre
11:30am-12:00pm Hip Hop	12:15-12:45pm Latin	No Class	11:45-12:15pm Latin	11:30-12:00pm Mature Movers	11:30-12:00pm Ballet
No Class	No Class	No Class	No Class	12:00-12:30pm Mature Movers	12:00-12:30pm Contemporary
6:00-6:30pm Gentle Movers	6:00-6:30pm Dance Tone	6:00-6:30pm Dance Tone	6:00-6:30pm Gentle Movers	1:00-1:30pm Mature Movers	12:30-1:00pm Hip Hop
6:30-7:00pm Zumba	6:30-7:00pm Dance Tone	6:30-7:00pm Dance Tone	6:30-7:00pm Dance Tone	1:30-2:00pm Mature Movers	<b>Sunday</b>
7:00-7:30pm Strength N Tone	7:00-7:30pm Strength N Tone	7:00-7:30pm Strength N Tone	7:00-7:30pm Strength N Tone	No Class	9:00-9:30am Dance Tone
7:30-8:00pm Dance Tone	7:30-8:00pm Contemporary	7:30-8:00pm Gentle Movers	7:30-8:00pm Contemporary	6:00-6:30pm Strength N Tone	9:30-10:00am Zumba
8:00-8:30pm Latin Rhythms	8:00-8:30pm Broadway	8:00-8:30pm Dance Tone	8:00-8:30pm Jazz	6:30-7:00pm Dance Tone	10:00-10:30am Yoga Stretch
No Class	8:30-9:00pm Hip Hop	8:30-9:00pm Yoga Stretch	8:30-9:00pm Hip Hop	7:00-7:30pm Yoga Stretch	No Class

**RINGWOOD STUDIO**

475 Maroondah Hwy, Ringwood

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:30am Mature Movers	9:30-10:00am Strength N Tone	9:30-10:00am Dance Tone	9:30-10:00am Mature Movers	9:30-10:00am Strength N Tone	9:30-10:00am Strength N Tone
10:30-11:00am Mature Movers	10:00-10:30am Gentle Movers	10:00-10:30am Dance Tone	10:00-10:30am Mature Movers	10:00-10:30am Gentle Movers	10:00-10:30am Dance Tone
11:15-11:45am Mature Movers	10:30-11:00am Dance Tone	10:30-11:00am Yoga Stretch	10:30-11:00am Strength N Tone	10:30-11:00am Dance Tone	10:30-11:00am Dance Tone
11:45-12:15pm Mature Movers	11:00-11:30am Jazz	No Class	11:00-11:30am Broadway	11:00-11:30am Yoga Stretch	11:00-11:30am Yoga Stretch
No Class	11:30-12:00pm Hip Hop	No Class	No Class	No Class	No Class
6:15-6:45pm Gentle Movers	6:15-6:45pm Strength N Tone	6:00-6:30pm Barre Tone	6:15-6:45pm H.I.I.T	No Class	No Class
6:45-7:15pm Dance Tone	6:45-7:15pm Dance Tone	6:30-7:00pm Dance Tone	6:45-7:15pm Dance Tone	No Class	No Class
7:15-7:45pm Barre Tone	7:15-7:45pm Dance Tone	7:00-7:30pm Dance Tone	7:15-7:45pm Gentle Movers	No Class	<b>Sunday</b>
7:45-8:15pm Jazz	7:45-8:15pm Jazz	7:30-8:00pm Circuit / Contemp	7:45-8:15pm Latin Rhythms	No Class	9:30-10:00am Strength N Tone
8:15-8:45pm Broadway	8:15-8:45pm Hip Hop	8:00-8:30pm Jazz	8:15-8:45pm Yoga Stretch	No Class	10:00-10:30am Dance Tone
No Class	No Class	8:30-9:00pm Hip Hop	No Class	No Class	10:30-11:00am Yoga Stretch

<p><b>DANCE</b> Classes in Jazz, Broadway, Hip Hop, Contemporary, Latin, Salsa, Ballet Bare and Ballet</p>	<p><b>DANCE FIT</b> Classes in Dance Tone, Zumba, Gentle Movers, Latin Rhythms, Zumba Strong and Mature Movers</p>	<p><b>FITNESS (Yoga Mat Required)</b> Classes in Strength N Tone, Barre Tone, Yoga Stretch, HIIT, Circuit</p>
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